VANCOUVER metro®

NEWS WORTH SHARING.

Fantino booted off portfolio

Prime minister quietly ends controversy-plagued tenure of maligned veterans affairs minister PAGE 6

Is unblocked access to Netflix no more?

Report claims streaming site is cracking down on VPN users PAGE 10

Your keys to health in 2015

A look at natural food trends for 2015, plus tips for a post-holiday cleanse PAGES 15 & 16

BIG NAMES PREPPING NEW ALBUMS

FROM RIHANNA TO MADONNA, BE ON THE LOOKOUT THIS YEAR FOR FRESH RELEASES FROM SOME OF THE BIGGEST NAMES IN MUSIC PAGE 13

PUTIN IT TO RUSSIA

Canada's Max Domi, centre, is hugged by teammates Nic Petan, left, and Anthony Duclair as they celebrate their 5-4 victory over Russia in the gold-medal game of the World Junior Hockey Championship in Toronto on Monday. Story, page 18. FRANK GUNN/THE CANADIAN PRESS

Avalanche risk rises with storm

Warnings. People advised to avoid steep terrain after weather wallops the coast

A perfect storm of heavy snow, rain and wind triggered avalanche advisories for B.C.'s South Coast, stretching from Whistler to the North Shore.

On Monday, Avalanche Canada declared a high avalanche risk in the Sea to Sky region that is expected to remain in effect until Tuesday.

"A natural avalanche cycle is likely, and human-triggered avalanches are almost certain in steep unsupported terrain," the public-safety organization posted on its website.

It urged people to "avoid all avalanche terrain" and "be aware of what is above you at all times."

On the North Shore, the avalanche risk was listed as considerable after heavy snowfall Sunday turned to rain Monday, resulting in prime conditions for loose and wet avalanche activity in steep terrain.

Whistler Blackcomb also issued a backcountry avalanche warning. The risk was high on Monday and is expected to remain considerable until Wednesday.

The avalanche warnings came as wet weather and snow pounded B.C.'s south coast.

Thirty to 50 millimetres of rain fell overnight Sunday in Metro Vancouver, with another 15 to 30 millimetres expected Monday before tapering off in the evening, according to Environment Canada.

Many vehicles ended up in ditches on the Sea to Sky Highway on Sunday as heavy snow created treacherous driving conditions that brought traffic to a crawl.

Although the snowfall wreaked havoc on highways, it was a belated Christmas present for the region's ski hills.

Whistler Blackcomb reported 22 centimetres of snow in the past 24 hours, while Mt. Seymour reported 39 centimetres of snowfall, which allowed staff to open another chairlift.

In the Fraser Valley, where a mix of freezing rain and snow made for slick road conditions, a winter storm warning remained in effect Monday.

The weather agency advised people to postpone nonessential travel until road conditions improve.

The severe weather also forced the closure of several B.C. highways, including Highway 1, which was closed between Highway 9 and Flood-Hope Road because of falling rock.

Travel advisories were in effect for many other popular routes, including the Coquihalla Highway, which saw poor visibility due to blowing snow between Hope and Kamloops on Monday.

THANDI FLETCHER/METRO

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'Mismatched' vaccine

Nurses' union calls for end to flu-shot policy

With this year's flu shot proving to be less effective due to a "mismatch" with the viruses circulating most widely, the B.C. Nurses' Union is again calling on the provincial government to revise its vaccination policy for health-care workers.

Gayle Duteil, president of the B.C. Nurses' Union, said nurses should be able to choose to neither be immunized nor wear a mask during flu season, especially with this year's vaccine "mismatched" with the prevalent H3N2 influenza strain that is hitting B.C. particularly hard this season.

"That's a cause for concern for nurses because many of them are receiving vaccinations and the vaccinations may prove to be ineffective against this strain of flu," Duteil said.

Since the province made it mandatory in 2012 for health-care workers at publicly funded facilities to get a flu shot or wear a mask in an effort to protect patients, the nurses' union has spoken out against the policy. While the union supports flu vaccination, Duteil said its members also support choice. The option of wearing a mask also may not be in the best interests of patient care and could spark violence from a confused patient or an individual with mental-health issues, she said.

Duteil encouraged health-care workers to promote frequent hand washing as a means of protecting against the flu instead of the vaccine.

THANDI FLETCHER/METRO

A screenshot from Selfish Sneezers, a top 10 entry into the Doritos Crash the Super Bowl ad contest, by Vancouver actor Devon Ferguson, right. SCREENSHOT

Locals up for $1M in Doritos contest

Chunk of cheddar.
Two Vancouverites make finals in Super Bowl ad competition

EMILY JACKSON
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Two Vancouverites have a shot at winning one million dollars in a contest to have Doritos commercials they created air during the Super Bowl.

Locals Devon Ferguson and Graham Talbot both made the top 10 in the Doritos Crash the Super Bowl contest, their entries chosen from nearly 4,900 submitted ads in the high-stakes competition, Doritos announced Monday.

Their commercials, entitled Selfish Sneezers and When Pigs Fly, have already earned them finalist prizes of $25,000 and a trip to the NFL championship game in Glendale, Ariz.

But if one gets the most fan votes on Doritos.com by Jan. 28, he'll win the $1-million grand prize that comes with a one-year contract working at Universal Pictures in Hollywood.

Ferguson was "absolutely floored" when he learned his last-minute entry — a commercial about a group of buddies laying claim to bags of chips by sneezing on them — made the finals in the "big daddy of all video contests."

"When they called me to say I made the top 10, I was ecstatic, really," he said Monday.

He got the idea for the ad from his middle-school antics of sneezing on his fries to stop his cheap friends from eating his poutine at lunch.

A trained actor, Ferguson learned how to make videos on YouTube after buying a camera eight years ago. He enlisted friends, most of whom work as actors, to be in the commercial. (All 10 who participated in the ad won trips to the Super Bowl, along with plus-ones.)

For the next three weeks, he'll be wearing a giant Doritos costume around downtown Vancouver on Granville Street and outside Rogers Arena, handing out flyers and trying to convince people to vote for his ad.

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Rescue crews search for missing hiker

North Shore.
Liang Jin last contacted his father on Dec. 31

THANDI FLETCHER
thandi.fletcher@metronews.ca

Vancouver police and rescue crews are appealing to the public for help finding a missing 21-year-old man who is believed to have gone hiking on the North Shore.

Liang Jin, who also goes by the name Leon, last made contact with his father Dec. 31 by text message, according to Vancouver police.

Jin told his father he was going hiking but gave no indication where he was heading, police said.

A police search of his computer and Internet search history revealed Jin was researching hiking locations on the North Shore. He is also believed to have traveled by public transit, as family members found his bicycle in his downtown apartment.

North Shore Rescue crews are now searching in the Lynn Headwaters, Hanes Valley and Grouse areas, although they emphasized he may have gone hiking in another area.

"While the investigation has indicated a possibility of the North Shore, he may be elsewhere," read a statement on the organization's website.

With cold temperatures and heavy snowfall hitting higher-elevation areas in Metro Vancouver in recent days, police said they are concerned for Lin's safety.

Jin is described as Asian and five-foot-six with a slim build.

He may be wearing a black Salomon-brand backpack with white stripes on the straps, according to police.

Anyone with information about Jin's whereabouts is asked to call 911 immediately.

Liang Jin CONTRIBUTED

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Looking for work? One million job openings expected in B.C. by 2022

Those struggling to find work in B.C. could soon get relief, as a million jobs are expected to be up for grabs in the province by 2022.

Retirement, economic growth and the potential liquefied-natural-gas industry are expected to result in more than one million job openings in the seven-year period, according to a labour outlook report released by the province on Monday.

More than three quarters of the jobs will require post-secondary education, according to the report by KPMG. For those tailoring their education to land a gig upon graduation, studying mining, oil-and-gas and health care would be the best bets.

The five occupations expected to grow the fastest in the Lower Mainland — 65 per cent of all jobs openings across the province will be here — are mine service workers and operators in oil-and-gas drilling, underground miners and oil-and-gas drillers, contractors and supervisors in mining and oil-and-gas, managers in natural-resource production and fishing and optometrists, chiropractors and other health professionals.

The province has allocated $6.8 million to fund 1,424 positions in critical trades skills at 14 post-secondary institutions to help students land these in-demand jobs.

The pay is good, but the work mostly takes place in northern parts of the province.

Economic growth is expected to fuel some of the demand for workers, but retiring baby boomers will account for most of the job openings in regions with older populations, such as Vancouver Island and the Okanagan.

Not surprisingly, health-service workers are expected to be in high demand in these regions.

EMILY JACKSON/METRO

By the numbers

$6.8M

The province has allocated $6.8 million to fund 1,424 positions in critical trades skills at 14 post-secondary institutions to help students land in-demand jobs.

Psychiatric assessment

Woman accused of killing daughter fit to stand trial

A Surrey woman accused of killing her eight-year-old daughter has been found fit to stand trial.

Lisa Batstone appeared in provincial court on Monday, where the results of a psychiatric assessment were released.

She is facing a second-degree murder charge in the death of her daughter Teagan Batstone, whose body was found in the trunk of a car in early December.

On her way out of the courtroom, Batstone waved and blew kisses to her family and then covered her mouth and cried.

Her lawyer says Batstone is severely depressed and will remain in a psychiatric hospital.

Police have said they were responding to a suspicious circumstance when the little girl's body was discovered in south Surrey.

THE CANADIAN PRESS

A man texts while driving in this photo illustration. Using an electronic device while driving has been illegal in B.C. since Jan. 1, 2010.

JENNIFER GAUTHIER/METRO FILE

Despite distracted driving law, motorists still racking up fines

Five years later. More than 209,000 tickets have been issued since the ban began in 2010

EMILY JACKSON
emily.jackson@metronews.ca

Five years after B.C. implemented its distracted driving law, drivers continue to rack up tickets for chatting or texting on their cellphones while behind the wheel.

More than 209,000 tickets have been issued since the province banned using an electronic device while driving on Jan. 1, 2010, according to ICBC statistics up to Oct. 31, 2014.

For the first time in 2013, distracted driving overtook speed and impaired driving as the top contributing factor in fatal crashes, according to ICBC.

Deaths from distracted driving, however, have dipped from a high of 102 in 2010 to 77 in 2013.

The province acknowledges there is more to do to tear people's attention away from their smartphones and onto the road.

"I remain concerned about the impacts of distracted driving on road safety in B.C.," according to a statement attributed to Sam MacLeod, B.C.'s superintendent of motor vehicles.

The government took the first step to address this in October 2014 by increasing the penalty points for all drivers using handheld devices.

The government is looking at increasing the fines for distracted driving, but has to be sure to set them at an appropriate level, according to MacLeod.

"It is not acceptable to use a cellphone while driving and we want people to know the new penalties for distracted driving are more than the cost of a ticket," MacLeod stated.

Long-lasting effects from penalty points include insurance premiums and possible driving prohibitions.

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Annapolis warship to be sunk as one of the largest artificial reefs in Vancouver area

A warship that once carried helicopters will soon be sunk as a habitat for marine life in Howe Sound near Vancouver.

The Artificial Reef Society of B.C. says the former HMCS Annapolis will be towed from Long Bay to nearby Halkett Bay on Jan. 13 before being sunk four days later.

It says the 110-metre-long vessel will be the largest artificial reef in the Vancouver area, and it is expected to both help restore and preserve indigenous species such as rockfish and lingcod.

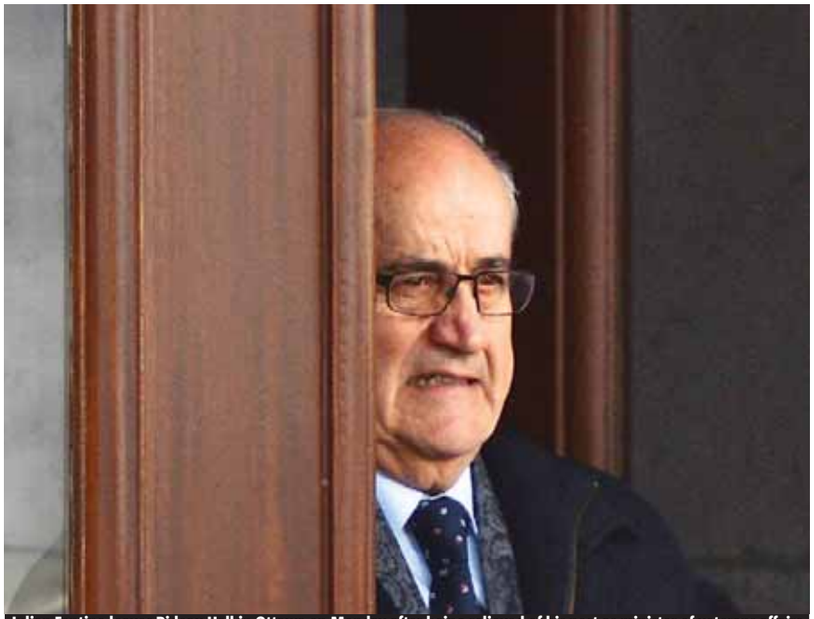
Society president Howie Robins says the ship that was purchased from the federal government in 2008 will additionally provide a unique underwater experience for recreational divers across the Vancouver area.

He says the ship has been meticulously cleaned of hazardous and pollutant materials and that legal challenges over environmental concerns have been dismissed.

The society says the Squamish Nation and the Tsleil-Waututh Nation both support the use of Annapolis warship as an artificial reef.

THE CANADIAN PRESS

O'Toole appointed to Veterans Affairs



Julian Fantino leaves Rideau Hall in Ottawa on Monday after being relieved of his post as minister of veterans affairs and demoted to associate minister of defence. SEAN KILPATRICK/THE CANADIAN PRESS

Fantino ousted.
Julian Fantino's term in Veterans Affairs marred by several scandals

After an 18-month tenure marred by controversy, confrontation and cries of incompetence, Julian Fantino has been booted out of the Veterans Affairs portfolio and demoted to his old job as a junior minister.

In a quiet ceremony Monday at Rideau Hall, Prime Minister Stephen Harper replaced Fantino with Erin O'Toole, a southern Ontario MP and former member of the Royal Canadian Air Force who was elected to the House of Commons in a 2012 byelection.

On the night of last year's infamous televised showdown between Fantino and angry veterans, one of those sent in ahead of time to smooth the way was O'Toole.

Prior to the confrontation, O'Toole, two other Conservative MPs and Fantino's chief of staff met with the group of ex-soldiers but failed to ease the concerns of the veterans, who were upset over planned office closures.

As recounted by some who were in the room, the encounter is instructive for the veterans community, which is wondering whether O'Toole's fresh face will actually mean a fresh approach in a department that has become a political liability for the Conservatives in the run-up to this year's election.

Fantino, a tough-talking former police chief who represents the strategically important riding of Vaughan, north of Toronto, remains at the cabinet table as associate minister of defence.

But repairing the political damage of his tenure will fall to O'Toole.

A spokesman for the Royal Canadian Legion says the minister won't need extensive briefing, given that he is a veteran and has been active on the file — most notably as an organizer of a Parliament Hill event last spring meant to raise awareness of post-traumatic stress.

Others, such as Mike Blais of Canadian Veterans Advocacy, were doubtful the shuffle would allow the government to rebuild its bridges with veterans, a political constituency important to the Conservatives.

What needs to happen is a fundamental shift in the culture of the department from an insurance-company mentality to one of compassion and support, he said.

NDP Leader Tom Mulcair said O'Toole could make a fresh start by reopening the nine Veterans Affairs offices boarded up last year as part of the department's reorganization.

Liberal veterans critic Frank Valeriote expressed sympathy for Fantino, describing him as a "good soldier" who had to deliver the same old "sour message" from the Prime Minister's Office. THE CANADIAN PRESS

Suspension is not enough, Dalhousie protester says

Dalhousie University's decision to suspend from all clinical activities 13 male dentistry students who allegedly belonged to a controversial Facebook group has incited anger with some on campus.

President Richard Florizone, accompanied by the dean of the faculty of dentistry, Thomas Boran, announced the suspension Monday, which was originally decided on Dec. 22.

"The comments made in the Facebook group by some of our fourth-year male dentistry students were deeply offensive, degrading to women and entirely unacceptable," Florizone said during a press conference.

Suspending the men from all clinical activities is part of an ongoing investigation into the incident and was reached due to their obvious lack of professionalism, Florizone said.

Students belonging to the Facebook group Class of DDS 2015 Gentlemen's Club had allegedly posted a series of sexually violent comments against women, including a poll of female classmates they'd like to have "hate" sex with and jokes of drugging women.

Florizone said these students will not be able to graduate while they are suspended but did not specify the length of the suspension, only saying the matter is under review by an internal committee and will coincide with the ongoing restorative-justice process.

But suspension is not enough, says Rach Klein, who was one of more than a hundred students and community members participating in a protest after announcement on the Dalhousie campus.

"No one who thinks rape is funny should have access to sedatives.... We're supposed to be a place of higher education and (those students) have no place getting in the way of that," she said.

STEPHANIE TAYLOR/METRO IN HALIFAX

Possibility of expulsion

Dalhousie University President Richard Florizone said he's not ruling out expulsion but emphasized university administration must follow a fair and just process.

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Florida becomes 36th state to allow same-sex marriage

Catherina Pareto, left, and her partner Karla Arguello celebrate on the courthouse steps on Monday in Miami after Circuit Court Judge Sarah Zabel lifted a stay on her July ruling that Florida's same-sex marriage ban violates equal protections under the U.S. Constitution. Judge Zabel provided a jump-start to Florida's entry as the 36th state where gays and lesbians can legally marry, saying she saw no reason why same-sex couples couldn't immediately get their licences in Miami-Dade County ahead of a midnight launch statewide.

WILFREDO LEE/THE ASSOCIATED PRESS

Indonesia's aviation safety practices scrutinized

AirAsia crash. Weather still hampering search

Highlighting the depth of Indonesia's air-safety problems, the transportation ministry announced harsh measures Monday against everyone who allowed AirAsia Flight 8501 to take off without proper permits — including the suspension of the airport's operator and officials in the control tower.

Also, the routing permits of all airlines flying in the country will be examined to see if they are violating the rules, said Djoko Murjatmodjo, acting director general of air transportation.

"Who knows if other airlines are also doing the same thing?" he said.

The crackdown comes as searchers continue to fight bad weather while combing the Java Sea for bodies and wreckage of the Airbus A320 that crashed Dec. 28, killing all 162 passengers and crew on board.

The plane was travelling between Surabaya, Indonesia's second-largest city, and Singapore on a Sunday. Officials have since said its permit for the popular route was only for Monday, Tuesday, Thursday and Saturday and that AirAsia quietly switched three of those days. Officials in Singapore, however, have said the plane was authorized to fly on Sundays from its end.

Applications for specific routes take into account issues including air-traffic rights and airport takeoff and landing slots.

While the airline is being investigated, Indonesia has banned all AirAsia flights between Surabaya and Singapore.

On Monday, AirAsia Indonesia President Director Sunu Widyatmoko said by text that the airline will co-operate with the government during the evaluation but would not comment on the permit allegations until the process is complete.

Violation of the regulations would boost legal arguments for passengers' family members seeking compensation, said Alvin Lie, a former lawmaker and aviation analyst. But he added AirAsia would not be the only one to blame.

"The Surabaya-Singapore flights have been operating since October ... and the government didn't know," he said. "Where was the government's supervision?"

Murjatmodjo said key individuals who allowed planes to fly without permits would be suspended while the investigation is pending.

The ministry also issued a directive Dec. 31 ordering all airlines to provide pilots with up-to-date weather reports before they take off, he said. Currently, it's up to the captain and co-pilot to research and evaluate flying conditions before departing. In other countries, carriers' flight operations departments perform that task for them.

THE ASSOCIATED PRESS

Rescue workers look for survivors at the site of the collapsed building in the capital Nairobi, Kenya, on Monday. SAYYID AZIM/THE ASSOCIATED PRESS

Kenya's president orders audit of buildings after collapse

Kenya's president ordered an audit of all buildings in the capital on Monday after an eight-storey residential building collapsed, killing at least two people in the city's second deadly collapse in a month caused by bad construction, officials said.

In December, eight people died when a building collapsed in Kaloleni, another lower-income area of Nairobi.

"The president is appalled that the building falls in a pattern of many structures across the country that have been constructed without adherence to the basic laws and regulations governing housing development," said President Uhuru Kenyatta's spokesman, Manoah Esipisu.

A high demand for housing in Nairobi means some property developers often bypass building regulations to cut costs and maximize profits. The Architectural Society of Kenya has estimated that 50 per cent of structures in Nairobi are not up to code.

The president expects a full investigation into the developers and anyone else involved in the approval of the collapsed building's construction, Esipisu said.

One of the victims in Sunday's building collapse died on arrival at the hospital, and a child's body was retrieved from the rubble in the lower-income Huruma area, Nairobi police chief Benson Kibue said. Rescuers saved 38 people, he said, and the military assisted in the search for survivors.

Eight residents of the building still cannot be found, said Kenya Red Cross official Nick Thiongo. THE ASSOCIATED PRESS

Keeper Darren Jordan feeds llamas and alpacas during the London Zoo census Monday. KIRSTY WIGGLESWORTH/THE ASSOCIATED PRESS

Counting cubs, crocs, crawlies

London Zoo. Annual stock-taking expected to take about a week

Clipboard-carrying zookeepers coaxed, corralled and counted scores of creatures Monday, as the London Zoo began an annual census of its 17,000 residents.

The zoo is home to more than 750 species, from red-kneed spiders to Sumatran tigers, and all must be accounted for. The yearly stock-taking is required under the licence terms for all British zoos.

New arrivals this year include 10 young Humboldt penguins, three tiger cubs and six baby Philippine crocodiles — the first of the reptiles ever bred in Britain.

The count is expected to take about a week. Tiny creatures such as ants and locusts are counted in colonies, but all others are recorded individually.

"You need a quick pair of eyes," said zookeeper Amy Heath as she counted a group of skittering squirrel monkeys.

"Usually an extra pair of eyes helps, but I've been counting them for quite a few years, so I'm quite good at counting them."

Data from the count, and others around the country, will be entered into an international computer database of animal collections and used to plan zoo management and breeding programs for endangered species.

THE ASSOCIATED PRESS

Job skills

"You need a quick pair of eyes."

Zookeeper Amy Heath

Nine fatalities

Sticky new year's treat turns deadly in Japan

At least nine people have reportedly choked to death on New Year's rice cakes in Japan, and officials are urging people to chew slowly on the treats.

Sticky rice cakes or "mochi" are an essential part of the Japanese New Year's menu. But the glutinous mochi, grilled or cooked in broth or with sweet beans, can get stuck in people's throats.

The Yomiuri newspaper reported Friday that at least 128 people were rushed to hospitals after choking on mochi, with nine dying.

The Tokyo Fire Department said Monday that 18 people were taken to city hospitals during the first three days of the year and three males died.

The department advised people to cut mochi in small pieces, chew slowly and learn first aid.

In addition to the Tokyo deaths, three people died in Chiba prefecture, while one each died in Osaka, Aomori and Nagasaki prefectures, the newspaper reported.

In the Nagasaki case, an 80-year-old man choked on a mochi that was in sweet bean soup served for free at a Shinto shrine.

Japanese customarily visit shrines and temples to welcome the new year, and mochi, sake and other treats are sold or given out.

THE ASSOCIATED PRESS

New York

Two NYPD cops shot in the Bronx

Two New York City police officers responding to a robbery have been shot in the Bronx.

Authorities say the officers were taken to the hospital with injuries believed to be non-life-threatening. The incident happened shortly after 10:30 p.m. Monday on East 184th Street in the Tremont section of the borough.

The shootings come just more than two weeks after two officers were gunned down in their patrol car in Brooklyn by a man who vowed online to kill "pigs." The man later committed suicide. The second officer was buried on Sunday.

Preliminary investigations are continuing into Monday's shooting.

THE ASSOCIATED PRESS

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Netflix. VPN users being blocked, report suggests

Netflix says it hasn't changed its policy on users who try to access content licensed for streaming in other countries.

The policy is that users shouldn't be doing it.

It's widely known that Canadian Netflix users can access TV shows and movies licensed for the American market by using a free or subscription-based online service.

The popular tools mask a user's true location and trick Netflix — or other websites — into believing the user is actually somewhere else in the world, where different content is available to stream.

A news story on TorrentFreak.com suggested that Netflix has recently begun cracking down on those location-altering services.

Netflix declined an interview request but released a statement saying it hasn't changed its policies on restricting access to content based on geography.

"Virtually crossing borders to use Netflix is a violation of our terms of use because of content licensing restrictions. We employ industry standard measures to prevent this kind of use. There (haven't) been any recent changes to the Netflix VPN policy or terms of use," reads the statement.

A telephone poll with 2,002 anglophone Canadians commissioned last spring by the Media Technology Monitor found about 32 per cent of the respondents were Netflix subscribers.

About one in three of the Netflix users said they had figured out how to access content meant for U.S. subscribers.

The Media Technology Monitor poll was conducted by Forum Research between March 18 and April 19 of last year. THE CANADIAN PRESS

Market Minute

DOLLAR 85.11¢ (+0.09¢)

TSX 14,392.70 (-360.95)

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GOLD $1,204.00 US (+$17.80)

Natural gas: $2.93 US (-$0.07)
Dow Jones: 17,501.65 (-331.34)

CES previews smart-home gadgets

BeeWi wirelessly controlled lights are on display at CES Unveiled, a media preview event for the four-day CES International in Las Vegas that opens to the public Tuesday. The smart-home concept is known in tech circles as the Internet of Things. Current iterations primarily include our ability to control gadgets such as lights and security alarms or view data remotely through a smartphone app. At the gadget show in Las Vegas, manufacturers will promote more devices and functionality. Some gadgets will be able to talk directly with one another, not just to an app.

JOHN LOCHER/THE ASSOCIATED PRESS

Report looks at the sunnier side of falling crude prices

Against the trend. Drop threatens bottom lines of oil-producing provinces and federal government, many other experts say

Weakening oil sector

"Our current Canadian forecast assumes that both consumers and exporters will ... slightly more than offset the expected weakening in oil-sector investment."

Royal Bank of Canada report

Perhaps an era of cheap crude won't be so bad for Canada after all.

A Royal Bank of Canada report released Monday argues the financial blows of low oil prices on the Canadian economy could be more than cancelled out by the weaker loonie and additional consumer spending on both sides of the Canada-U.S. border.

Many other expert assessments have projected low crude prices to be a net negative for Canada.

The bank analysis pointed to a combined effect of three "offsetting positive outcomes" from low-priced crude: a boost for the U.S. economy; the lower Canadian dollar's benefit to exporters selling to the stronger U.S. market, and more spending by Canadians thanks to cheaper fuel.

The RBC report said lower oil prices will have significant impacts on government budgets in oil-producing provinces. But it argues these provinces — Alberta, Saskatchewan and Newfoundland and Labrador — have seen big increases in revenues from price increases in recent years, putting them on relatively strong footing to absorb the shocks of a prolonged decline.

Other provinces, meanwhile, are seeing benefits from the low crude prices in the form of cheap gasoline and the falling loonie, which is creating a better climate for their manufacturers and exporters. THE CANADIAN PRESS

Financial confidence

Fewer Canadians expect to meet goals, poll finds

A survey conducted for CIBC finds 65 per cent of Canadians ended 2014 feeling confident about reaching their current financial goals. But that result, from the poll conducted by Nielsen, is down from 76 per cent in the same survey at the end of 2013 and is the lowest figure in five years.

Respondents aged 45-54 were the least confident, with only 58 per cent feeling upbeat, down from 77 per cent the before. By comparison, 75 per cent aged 25-44 said they are confident, unchanged from a year earlier. THE CANADIAN PRESS

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VOICES

A DRIVE TO LIVE

Toronto-area man Mark Watkin lost his daughter Sarah to cancer a few months ago after doctors were unable to find a full match for a bone-marrow transplant. While the family is still coming to terms with their loss, Watkin shares why he believes swabbing drives are so important:

MARK WATKIN
readers@metronews.ca

"I love you bigger than forever and the moon and the stars in the sky. I'll be dreaming about you all night and all day and I'll be missing you every second until I see you again in the morning."

These are the good-night words I used to say with Sarah every night before bed, and now I say them to myself hoping that they reach her somehow.

Oct. 1, 2012, Sarah was a beautiful five-year-old girl with her whole life ahead of her. Her favourite colours were pink and purple because pink was mom's favourite colour and purple was dad's. She wanted us to know she loved us both equally. She had a little sister, Elizabeth, whom she just adored and who adored her. She loved to ride her bike and had just learned to rollerblade. She had a smile that we knew would one day break hearts. She was our first child, a miracle from our love for each other. Oct. 1 was the day our lives would change forever.

I remember being at Sick Kids and feeling relieved that they were going to figure out what was wrong with Sarah and make her all better. But then a young doctor came to us and told us that Sarah had cancer. Her life just flashed before our eyes. We wanted to take her and run, but there was nowhere to go. We found out that Sarah had AML, an aggressive type of blood cancer. Her treatment would be long and intense. She would be in the hospital for about six months. Her prognosis was 50/50 — just a flip of a coin.

We fought the disease with chemotherapy, but a year after her diagnosis we were told a bone-marrow transplant was our only hope.

There was no match for Sarah on the national registry, OneMatch. Her new brother, Matthew, also was not a match, and neither was her sister Elizabeth. Our last chance was a half match from a parent, and in February she received a bone-marrow transplant from her mom.

We prayed every second of the day that she would pull through this. We knew that the odds weren't in our favour, and less than six months after the transplant, Sarah relapsed. Now there was nothing we could do to save her. Sarah was dying. Her prognosis: Weeks to months, maybe. How was this happening? What are we going to do? How can we save her? How can we let her go?

We had a new fight on our hands. How do we give Sarah a whole life in just weeks to months? We went to Disney World. We did indoor sky diving and riding on the back of motorcycles. We spent a lot of time at the cottage. We went to Casa Loma

Mark Watkin and his late daughter Sarah. FACEBOOK

dressed as princesses and had high tea. We had a lion cub come to the house and went to a zoo where Sarah pet an adult tiger. We tried to bring her as much joy as we could.

On Nov. 2, 2014, Sarah died in our arms at home in our bed, surrounded by love.

Swabbing Drives. Through our time at Sick Kids, we realized that we needed to do something to help all these children on the cancer floor. We started a Facebook page called Sarah's Drive for Hope. It was to encourage people to donate blood, and get on the bone-marrow list so people could find their matches if their lives ever turned to tragedy like ours. It was a page of hope for others also fighting cancer. It was amazing; people from around the world began emailing our family with letters of appreciation of how Sarah's life taught them to be better people and some even to be better parents. We also realized that the bone-marrow donation age was 17-35, perfect for high-school students. We began calling local schools, and almost half of the region's schools ran successful swabbing drives. Sarah tried to attend many of them as we spoke to students about how important getting on the registry could be and how easy it was: just a simple swab in your mouth. In the coming months we learned that four matches were found through Sarah's drives, and those people donated their stem cells. Someone out there now had hope.

The Future. We are trying to learn who our family is without Sarah. It's a struggle to move forward, and often we feel like it's one step forward and two steps back. We are enjoying learning who our other children are and seeing them thrive. We love seeing the smiles on their faces when they play with each other and we wish Sarah was here with us to enjoy them, too. Elizabeth asks to see Sarah all the time, but how do you explain what's happened when we barely understand ourselves?

What we do know is that swabbing drives *must* continue. There are so many people looking for a bone-marrow match, hoping for a chance at life. In the coming months, our family plans to complete an entire school district and swab at EVERY high school in York Region in the spring. The challenge is on. If you know a principal or teacher and want to do something good, contact Sarah's Drive for Hope or OneMatch to find out how to run a simple swabbing drive and save lives.

We will miss Sarah forever and a day.

'Like giving someone a second chance at life'

Stem-cell donor Danny Ho.
DAVID VAN DYKE/METRO

GILBERT NGABO
Metro in Toronto

Danny Ho's decision to be a stem-cell donor was prompted by a story he read a few years ago.

It was the story of a British man suffering from leukemia who was in his dying moments. His sister, who was identified as a perfect match, would not agree to donate her bone marrow to save his life.

"I couldn't believe it," said Ho, 27, who works as an education assistant for autistic children at Buttonville Public School. "I have two sisters. That story made me think that if one of them needed help, I would definitely donate stem cells to her."

Ho put his name up at OneMatch Stem Cell and Marrow Network, a specific division at Canadian Blood Services that recruits donors and matches them with patients that need help with stem cells.

He went through various tests with the registry to make sure he was medically fit and fully committed to donate. On June 12, 2013, he spent about six hours at Princess Margaret Hospital, where his stem-cell donation was taken.

"It feels like giving someone a second chance at life," he said. "When I signed up, I knew I could be donating to somebody else, not necessarily my family member, so it's good for the patient and their family, too."

Ho is a perfect example of the demographic currently targeted by the OneMatch registry drive as potential donors.

MaryLynn Pride, transplant liaison specialist at OneMatch Stem Cell and Marrow Network, says there's currently an emphasis on recruiting donors from diverse backgrounds.

"What we know from scientific research is that patients have a better chance at finding matches from donors within their diverse communities, particularly young males between the ages of 17 and 35," said Pride. "It really is about community giving back to community. We are mainly looking at the quality of the donors and what the demand is from patients."

On average, donors can wait as long as five years before finding a patient they match with.

"We need to increase the number of donors on the registry because the need for stem-cell transplants is huge and has been on the increase every year," said Pride.

"We're always trying to provide the highest quality possible of donors and we do know that those are young males from diverse background."

Understanding the need

- At any given time, close to 1,000 Canadians are waiting for a stem-cell match.
- Today, only 25 per cent of patients who need stem-cell transplants are able to find a match within their family.
- There are some 340,000 potential donors registered with OneMatch, three-quarters of whom are male.
- The process to donate stem cells can only begin when a match has been identified.
- You can help by joining Canadian Blood Services' OneMatch Stem Cell and Marrow Network.
- In honour of Sarah's life, Metro is holding a swab drive for our staff.

metro

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Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES

Jennifer Aniston ALL PHOTOS: GETTY IMAGES

Aniston has Brad new attitude as she eyes Golden Globe prize

How do we know Jennifer Aniston is taking her bid for awards season glory seriously?

She's entertaining questions about ex-husband Brad Pitt.

Aniston is currently on the campaign trail for her Golden Globe-nominated performance in the indie drama Cake, and the rules of Hollywood state that you've got to play ball if you want a serious shot at some trophies. So Aniston sat down with CBS Sunday Morning, where reporter Lee Cowan used the age-old trick of asking about how annoying it is when people ask about something as a ploy to ask about that thing without looking like you're actually asking about it. Sneaky, that one.

"The fact that it still follows you around — I mean, I'm divorced. It's got to be painful. I mean, I don't like when people bring it up. But people still do, right?" Cowan asked. And by people, he means himself, who just brought it up.

But Aniston is a pro: "I don't find it painful, though. I think it's a narrative that follows you because it's an interesting headline. It's more of a media-driven topic," Aniston responded.

And speaking of media-driven, Cowan — who clearly can't take a hint — followed that up with, "You guys still talk? You friends?" And kudos to Aniston for not rolling her eyes or just straight up punching him before replying. We'll see if the gambit pays off.

Kutcher, Kutcher, koo! Ashton, Mila kid you knot

New parents Ashton Kutcher and Mila Kunis got tabloid rumour-mongers worked up into a frenzy on New Year's Eve with a photo message on Kutcher's Facebook page with warm wishes from "the Kutchers," sparking speculation that they'd already secretly tied the knot. But don't worry, you didn't miss anything. Sources tell Radar Online that they "have not gotten married yet" and the big day won't be happening until the summer.

"Ashton loves fooling people, and because they handle their own publicity, they are totally aware of how to manipulate the press," a source explains. "If they did get married, they are lying to a lot of people close to them about it."

I mean, that's not out of the realm of possibility, though, right?

Ashton Kutcher and Mila Kunis

Mayweather schools Prince in the birds and the Biebs

It might be time to start worrying about Michael Jackson's eldest, Prince Jackson, who becomes a legal adult next month. And if Page Six is to be believed, he's already living a pretty adult life — including clubbing, juggling girlfriends and being generally bratty — thanks to a friendship with noted role models Justin Bieber and Floyd Mayweather, who "has been offering a lot of advice to Prince, including about women," a source says. Mayweather is also supposedly behind recording sessions for a planned "major recording album" by Bieber and Jackson. That's right, a major recording album. Who knows, maybe it will lead to a significant performing tour or something.

Anyway, if you really want to start using rage instead of coffee for a pick-me-up, enjoy these details on the spending habits of 17-year-old Jackson, who receives a $66,000 monthly allowance from his dad's estate. "He's looking at high-end cars like a Mercedes Maybach, a Rolls-Royce and Range Rovers, and he's buying expensive jewelry," the source says.

Ah, to be young.

Prince Jackson with his grandmother Katherine

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Erasure's nod to ABBA celebrates their synth-pop roots

Music. Duo's latest album is a collection of dance anthems and introspective ballads

A year ago, Erasure released a Christmas album, but the duo's biggest surprise this year was a celebration of synth-pop's roots.

While performing at New York's Terminal 5 club on Dec. 30 and 31, singer Andy Bell announced that Erasure would play an old favourite for the first time in 20 years.

That song was a respectful cover of Voulez-Vous by ABBA, who in the 1970s pioneered the synth-pop sound of instantly danceable keyboards that was embraced a decade later by chart-topping, mostly British acts such as Erasure, Depeche Mode and the Pet Shop Boys.

The New Year's Eve concert was the final date of a four-month tour in support of the duo's 16th album, The Violet Flame, a collection of dance anthems and introspective ballads.

Opening the concert were two members of the American synth-poppers Book of Love, which built a niche audience in the 1980s by touring with Depeche Mode and — more significantly in retrospect — broke taboos of the era by openly discussing the AIDS crisis in the dance-club hit Pretty Boys and Pretty Girls.

Erasure has a large gay following, as Bell has long been open about his sexual orientation, even at a time when many other gay musicians stayed in the closet.

More recently, Bell has spoken out about being HIV-positive in an effort to build awareness about preventing the virus that leads to AIDS.

AFP

On the edge

Erasure's career has not been without experimentation, with Bell and Clarke bringing in long synthesizer solos, Gospel singers and even acoustic guitars. Last year's Snow Globe was among the most unusual — creating a synth-pop Christmas out of traditional carols and original songs.

Erasure singer Andy Bell. AFP

Madonna, Marilyn Manson and Rihanna are just a few of the artists set to return with a new record in 2015. Here is our list of releases not to be missed this year.

scene@metronews.ca

5 albums not to be missed in 2015

Rihanna

The beloved Barbadian singer has largely kept secret the details of her next album, which her fans are calling R8.

The only thing known about this mysterious record is the year of its release: 2015.

However, the star indicated on Instagram that she is already working on the new album and even shared a musical excerpt.

Madonna

The pop icon will return in March 2015 with Rebel Heart, several tracks from which have already leaked to the Internet.

Since Dec. 20, six tracks have been available for pre-order from the album, which was produced in part by Kanye West.

Muse

The British musicians announced their return to the studio on Instagram, confirming the arrival of a new record this spring. As Matthew Bellamy told NME, the sound is expected to be less experimental than the band's previous work.

Marilyn Manson

Last October, the provocateur and recording artist dropped the single Third Day of a Seven Day Binge, which is available for free download on his website.

The track sets the tone for his forthcoming album, The Pale Emperor, which will go on sale starting Jan. 19.

A few days later, on Jan. 21, Manson will begin promoting the new record on his Hell Not Hallelujah Tour.

U2

Last October, the Irish band told Q Magazine that their next album, Songs of Experience, was 70-percent finished.

Bono's band is known for its productivity, so it seems likely that this follow-up to Songs of Experience will be released at some point in 2015. The band will also head out on tour this year to promote its previous album, which was released for free on iTunes.

AFP

Dana Williams performs regularly and is in the process of completing her second EP. RICHARD CORMAN

Artist making waves with jazzy take on folk music

Music. Meet the singer who made you cry in Apple's holiday commercial

If you own a television, chances are you caught Apple's emotional, new commercial over the holidays.

The ad, formally known as The Song, was perhaps the most tear-jerking, talked-about TV spot of the season.

The commercial opens up on a young woman who stumbles upon an old recording her grandmother made decades earlier — a love song for her husband who was away at war.

From there, the granddaughter uses a mix of Apple magic and her own stunning vocals to remaster the romantic tune (the classic Our Love Is Here to Stay).

The ad closes with the teary-eyed grandma hearing the duet for the first time.

The granddaughter, it turns out, is played by upcoming singer-songwriter Dana Williams.

With a bluesy, vintage-sounding voice, Williams is getting used to fans and the media alike referring to her as the new Ella Fitzgerald.

"I would say (my style) is like soul-folk," Williams tells Metro. "I have a very jazzy voice, but my own music is very folky."

The 25-year-old artist's Apple ad isn't her first TV appearance.

You may remember Williams as a contestant on the first season of ABC's Rising Star.

After dazzling both the judges and viewers with her Billie Holiday-style voice, Williams went on to release her first EP back in March (an independent album called The Lonely One).

No stranger to the business, Williams actually grew up watching her father, David Williams, play rhythm guitar for Michael Jackson.

"I really was inspired by my father, and just watching him on stage and rehearsing and writing music," says Williams, who also plays guitar.

"I've been doing music my whole life."

Today the Los Angeles-based musician keeps busy with her popular YouTube channel, which showcases duets with artists like actress Leighton Meester.

Since the Apple commercial came out, Williams says life has definitely changed.

"A lot of people have reached out to me, and a lot of people are acknowledging my music now, which is great," she says.

"(It's) everything I could have hoped for as an independent musician."

METRO NEWS IN NEW YORK CITY

A family affair

I really was inspired by my father, and just watching him on stage and rehearsing and writing music. I've been doing music my whole life.

Dana Williams
Singer-songwriter

Retired R.E.M. frontman returns to stage for Smith

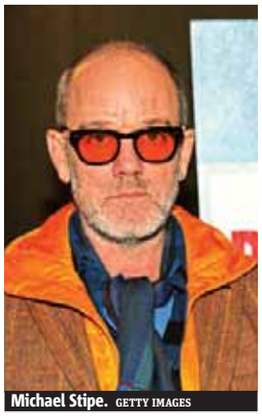
Music. Patti Smith, busy at 68, awakens a 'missed' Michael Stipe on her birthday

R.E.M. frontman Michael Stipe has stayed mostly out of public view since the alternative rock pioneers broke up four years ago.

But last Monday, as the audience was just settling in, Stipe walked unannounced onto the stage sporting a stocking cap, suit-and-tie and gray stubble.

The occasion was the 68th birthday of the rock icon Patti Smith, who not only roused Stipe from semi-retirement but has planned an active year ahead including a sequel to her acclaimed memoir.

Stipe, hardly ever an "opening act" since R.E.M. took off on college radio stations in the 1980s, sang a six-song set before 1,500 people at New York's Webster Hall as Smith's daughter, Jesse Paris Smith, accompanied him on keyboards.



Michael Stipe. GETTY IMAGES

The R.E.M. singer, with a touch of irony, sang the theme from New York, New York — most famously performed by Frank Sinatra — but otherwise showed himself to be in a meditative mood. He offered a tribute to the "beautiful and eternal" Vic Chesnutt, the folk singer who died from a suicidal drug overdose on Christmas Day 2009.

Stipe acknowledged his lyrical debt to Smith (whose Gloria delivered one of rock's most famous opening lines, "Jesus died for somebody's sins but not mine") as he closed with the dreamy R.E.M. song New Test Leper, which begins, "I can't say that I love Jesus / That would be a hollow claim."

The Georgia-bred singer, 54, has not performed since 2008 with the exception of singing the R.E.M. classic Losing My Religion at the urging of Coldplay's Chris Martin at a charity concert at New York's Madison Square Garden after Hurricane Sandy.

After a fan shouted, "I miss you," Stipe retorted, "I missed me, too."

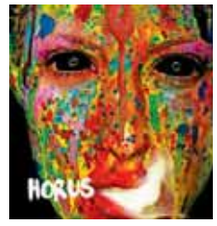
AFP

Two tunes that ignite our optimism for a rockin' new year and a solid single plucked from Broken Social Scene's outtake archives

SOUND CHECK
Alan Cross
scene@metronews.ca

Vitamin / Milk Teeth

Another song that gives me hope that heavy guitar rock will return in 2015. This grungy Veruca Salt-ish band from Bristol will release a debut EP called Sad Sack on Jan. 26.



Horus / God Damn

More guitar hope. If you can get past their blasphemous name, you'll be rewarded with some heavy crunch from a two-piece act from the Black Country of England that's half Nirvana, half Queens of the Stone Age.

Golden Facelift / Broken Social Scene

OK, so it's a leftover from the sessions that resulted in Forgiveness Rock Record in 2010 that BSS just got around to releasing, but that doesn't mean it's not any good. In fact, I think it's as strong as anything they've done.

Cheers to a natural 2015

The Canadian Health Food Association's holistic nutritionist Michelle Book takes us through the top trends that health retailers, suppliers and health experts are buzzing about this year

IZABELA SZYDLO life@metronews.ca

Oils with fancy fats

Avocado oil is about to get a lot more attention. Avocados are touted for their healthy fats, but the extracted oil is rich in monounsaturated fats and vitamin E, which are crucial for healthy, radiant skin. Refined avocado oil is also excellent for cooking or sautéing. Another trendy oil is camelina, which is rich in mono- and polyunsaturated fats with a high proportion of heart-healthy omega-3s (as high as 45 per cent!). It is an oil-seed prized for its nutty and fresh taste, healthy properties and heat-resistant traits. Natural antioxidants, including Vitamin E, give camelina oil a longer shelf life than olive or other oils. It is excellent on salads and drizzled on grilled veggies. Other oils to keep an eye on include flaxseed and walnut oil.

Digestive health

When we have the right balance of good to bad gut bacteria it helps protect our gut lining, keeping it strong and reducing our chances of intestinal permeability (known as leaky gut). Leaky gut means bacterial toxins are passing into our body, which can lead to inflammation linked to weight gain, obesity and mental health issues. Many people think they are getting probiotics from yogurt, but only those that have "live and active cultures" on the label actually contain probiotics and, unfortunately, even when you eat this yogurt it is difficult to know exactly the quality, quantity and type you are consuming. Taking probiotics in a supplement form is the best way to ensure that you are getting enough and the correct strain for your individual health needs.

Pumpkin

Pumpkin has flown under the radar for a long time, but new studies are now linking it to heightened prostate and urinary tract health. Pumpkin seeds are rich in B vitamins, vitamin E, zinc and essential fatty acids. Pumpkin flesh is rich in nutrients including beta-carotene, a precursor to vitamin A, crucial for healthy reproduction, immune system health and vision. The great thing about pumpkin is there are so many ways, beyond pumpkin pie, to use it. Mixing pumpkin oil and balsamic vinegar makes vinaigrette for salads, and pumpkin seeds are the perfect salad topper. Pumpkin is also becoming a great breakfast food, adding flavour to pancakes, waffles or smoothies while delivering an extra nutritional boost.

GMO labelling

GMO (genetically modified organisms) is a process that tinkers with the genetic material (DNA) to enhance specific traits. Most often, these are crops like corn, soy and canola, which are used in many processed food products. In plant species, these traits can include pesticide or pest resistance, drought resistance or nutrient level enhancement. In 2015 we predict the demand for GMO labelling will continue to increase. In more than 60 countries, including Australia, Japan and all of the countries in the European Union, there are restrictions or outright bans on the production and sale of GMOs. In Canada, we are seeing an increase in consumers demanding to know where their food comes from and whether it has been genetically modified. It's still to be seen how this will impact legislation, but many companies are rising to identify their products as GMO-free.

Small screens have big impact on sleep

Children who have access to tablets or smartphones in their bedrooms get less sleep than children who do not have the devices with them at night, a US study said Monday.

The findings in the Jan. 5 edition of the journal Pediatrics show that having a so-called "small screen" within reach was slightly worse than a television set when it came to sleep deprivation in a group of 2,000 middle school kids.

Overall, those with access to smartphones and tablets got nearly 21 fewer minutes of sleep per night than children whose rooms were free of such technology, and they were more likely to say they felt sleep-deprived.

Those with a TV in the bedroom got 18 minutes fewer of slumber than kids without televisions in their rooms.

"Presence of a small screen, but not a TV, in the sleep environment, and screen time were associated with perceived insufficient rest or sleep," said the study led by Jennifer Falbe of the University of California, Berkeley School of Public Health.

"These findings caution against unrestricted screen access in children's bedrooms."

Participants in the study included 2,048 Grade 4 and Grade 7 students enrolled in the Massachusetts Childhood Obesity Research Demonstration Study from 2012 to 2013. AFP

Small-screen devices impact sleep more than TVs. ISTOCK

How to get back on the health track

Cleanse. Give your liver and other organs a boost to eliminate toxins and help you shed pounds

After the holidays — with their traditional onslaught of stuffing, gravy, and mountains of chocolate — our bodies are begging for a detox session.

When it comes to shedding water weight and eliminating toxins, we rely on the liver and other organs, and there are several ways to give them a boost.

Here are a few ingredients to include in your diet to enter 2015 on the right foot.

Herbal teas and tinctures

Health food stores are the first place to go when the need for a detox sets in, as they offer natural products known to help the body eliminate toxins.

Some classic detox aids include tinctures and teas made with rosemary, artichoke, burdock, dandelion, black radish, peppermint, lavender or lemon essential oil.

Water, water and more water

After a period of excess, water is one of your best allies when it comes to flushing out the system. Particularly while attempting to detox, it is important to drink around 50 to 70 fluid ounces of water per day (one-and-a-half to two litres).

Drinking water helps promote better digestion and, somewhat counter- intuitively, to shed water weight.

To reap even more benefits, choose bottled mineral water that is rich in calcium and magnesium and low in sodium.

The lemon method

There is one ingredient people around the world swear by after overindulging during the holidays: lemon.

Adding lemon juice to a large bottle of water and drinking it throughout the day helps regulate the digestive system and stimulate the elimination of toxins.

Of course, lemon juice can also be added to food as a light salad dressing, for example.

Seasonal fruit

Rich in vitamins and water, pineapple, grapefruit, apple, orange and lemon are ideal detox aids when eaten raw before and (especially) after a meal.

Of course, fruit is rich in sugar, so moderation is advised.

Green vegetables instead of starch

Instead of mashed potatoes or white pasta, fill your plate with green vegetables in the weeks following the holidays.

A diet rich in herbs, lettuces, kale and cabbage — as well as onions and garlic — can help the body eliminate toxins while replenishing vitamins and minerals.

While any detox diet should also include a few whole grains in moderation, avoid white starches as well as all forms of processed sugar, alcohol, coffee and dairy products. AFP

While fruit is incredibly good for you, and perfect as a detox aid, it also contains a ton of sugar, so be advised. AFP

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Right now, they're working hard to research potential treatment for future patients with diabetes here, and throughout the world…

Do you have type 1 diabetes?

We are looking for people between 18 and 65 years of age with Type 1 Diabetes to take part in a new clinical research study.

The INSTRIDE Studies are looking to see how well an investigational insulin works to control blood sugar levels. The investigational insulin has been designed to be as similar as possible to insulin glargine (Lantus), which has helped many people with diabetes worldwide. However, the investigational insulin may provide a more affordable treatment option that could benefit many more people.

The study will last for 66 weeks with 22 study visits (six of these may be conducted by telephone rather than at the study center).
All study medication and study-related healthcare will be provided at no cost to you.

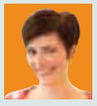
You may be able to take part if you have been taking Lantus for at least 3 months.

Interested?
Please contact Jessica at ERS - Endocrine Research
By email: jaydin.ers@shaw.ca
or please call (604) 602-1011

This year, eat better by hitting the sauce

Theresa's tips

How to pick the best bottled condiments



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Once upon a time we touted Europeans as folks who eat better because they cook from scratch. It's still true that they generally eat better than North Americans, but they don't have any more time than we do to get meals on the table. They simply demand top quality prepared foods and put them together seamlessly, healthfully and beautifully.

Among those prepared foods are cooking sauces, which have seen huge growth worldwide. Salsas, pickles and fermented products are cropping up in all sorts of flavours and new combos. It is worth searching for jars full of nourishing ingredients rather than being duped by marketing labels such as "gluten free" and "GMO free." While both can be important considerations, they don't trump a list of fillers over real food. Look for:

- fruits or vegetables as a first ingredient;
- items that nutritionally enhance your, erm, bad habits (For instance, use sun-dried tomatoes to top otherwise nutrition-free pizza);
- items containing Greek yogurt for protein;
- ways to incorporate beans in any fashion;
- foods that have active probiotic cultures.

These days, home cooking often means "home mixing of jarred and canned goods to create something of a home-cooked meal." And that's OK, as long as the items are wholesome and best in class.

Look for prepared foods containing Greek yogurt for added protein. ISTOCK

Simple Salmon. Open some salsa and a tub of Greek yogurt for an easy weeknight meal

FLASH FOOD

From your fridge to your table in 30 minutes or less

You want a lean, healthy, omega-3-loaded, simple two-step meal ready only 20 minutes after you come in the door? Of course you do! It's still January and your commitment to eat better is just as valid as it ever was. For this recipe, all you need is salsa, Greek yogurt, salmon and asparagus plus an oven or toaster oven and you're good.

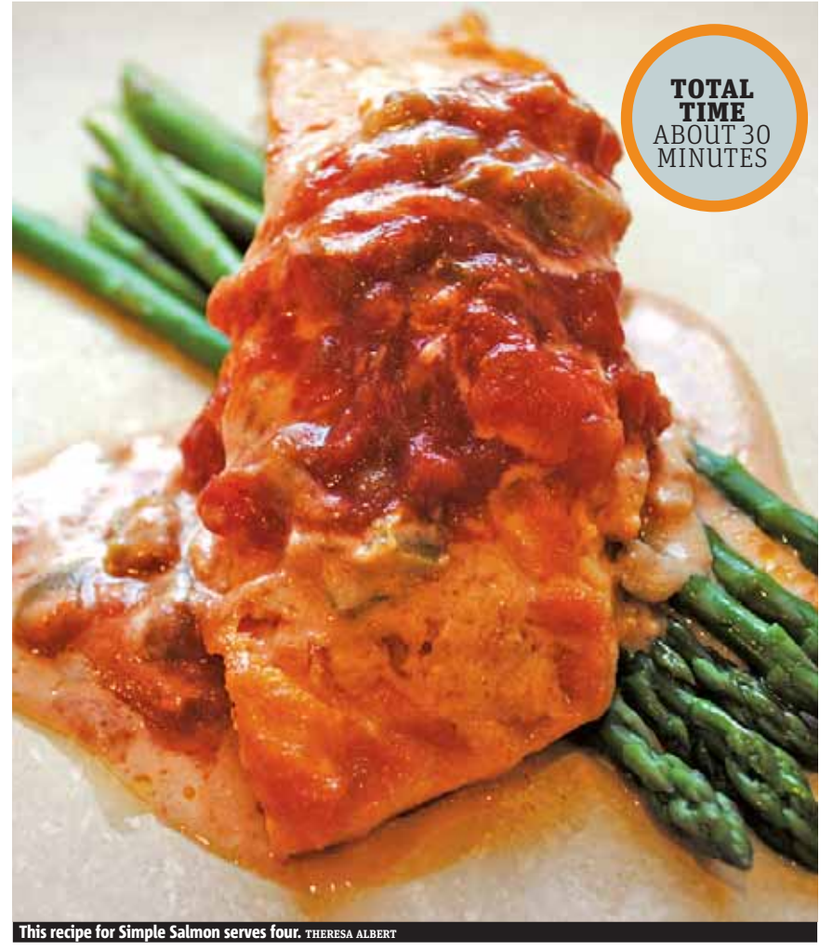
Directions

1. Preheat oven to 400 F. Rinse asparagus and chop off any woody ends. Lay on a baking sheet, sprinkle with oil and roll to coat. Sprinkle with sea salt if desired. Place into oven on top shelf and bake asparagus until browned to your liking (5-15 minutes).

2. Place salmon in a baking dish large enough so the fillets don't touch. Mix together salsa and Greek yogurt. Spread onto salmon and place uncovered in oven. Bake for 10-15 minutes depending upon thickness of salmon.

Ingredients

- 1 bunch asparagus
- 1 tsp extra-virgin olive oil
- 4 pieces fillet of salmon
- 1/2 cup salsa (any flavour, but I used PC black bean and corn salsa)
- 1/2 cup Greek yogurt



This recipe for Simple Salmon serves four. THERESA ALBERT

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT WWW.MYFRIENDINFOOD.COM

Get a kick out of spicy udon noodles with shrimp

1. Bring a large saucepan of salted water to a boil.

2. While the water heats, in a blender combine the peanut butter, ginger, vinegar, soy sauce, water, garlic and black pepper. Blend until smooth. The peanut sauce should be thick, but pourable. If the sauce is too thick, add a couple of tablespoons of additional water and blend again. Taste, then add hot sauce to your desired heat preference, blending again. Set aside.

3. In a large skillet over medium-high, heat 2 tablespoons of the oil. Add the onion and peppers, then cook until just tender, about 5 minutes. Transfer to a plate and set aside. Reserve the skillet.

4. Add the udon noodles to the boiling water and cook for 2 minutes, or until just barely cooked. The noodles should still be a bit firm. While the noodles cook, return the skillet to medium-high heat and add the remaining 2 tablespoons of sesame oil. Drain the noodles well and add them to the hot skillet. Stir-fry the noodles for 2 minutes.

5. Add the shrimp to the skillet and continue to cook, stirring constantly, until the shrimp are just pink, about 5 minutes. Return the onion and peppers to the skillet and toss until heated. Remove the skillet from the heat, then pour in a liberal amount of peanut sauce (use as much or as little as you prefer), using tongs to toss the ingredients until well coated. Divide between serving plates, then top with peanuts and scallions. THE ASSOCIATED PRESS

Ingredients

- 1 cup natural peanut butter
- 1-inch chunk fresh ginger
- 1/4 cup rice vinegar
- 1/4 cup reduced-sodium soy sauce
- 1/4 cup water
- 1 clove garlic
- 1/4 teaspoon ground black pepper
- Hot sauce, to taste
- 4 tablespoons sesame oil, divided
- 1 large yellow onion, thinly sliced
- 2 large red bell peppers, cored and thinly sliced
- 8-ounce package udon noodles
- 1 pound shelled raw shrimp, patted dry
- 1/2 cup chopped peanuts
- 2 scallions, green and white parts, thinly sliced

This recipe for Fried Udon Noodles with Shrimp and Spicy Peanut Sauce serves four. THE ASSOCIATED PRESS

Canada's Connor McDavid breaks away from Russia's Dmitri Yudin and Ziat Paigin to score a goal during the gold-medal game of the world junior championship in Toronto on Monday night. STEVE RUSSELL/TORSTAR NEWS SERVICE

Canada outpaces Russia to grab gold

World juniors. Home team claws its way to narrow victory in championship game

World junior gold belongs to Canada once again after beating age-old rival Russia.

Canada came perilously close to blowing a four-goal lead and hung on through an intense third period to beat Russia 5-4 on home ice at Air Canada Centre on Monday night.

Gold-medal game

Canada	Russia
5	4

"There were some tense moments.... That was one of the craziest games I've ever been a part of," said defenceman Josh Morrissey.

The win ended Canada's gold-medal drought that dated to 2009. It's the nation's first medal in this tournament since 2012.

"That was a once-in-a-lifetime opportunity, and we took advantage of it," said Max Domi about winning on home ice.

Canada scored on its first shift, chased Russia's starting goaltender less than three minutes in and ignited the red-and-white-filled crowd of 19,014 that began to celebrate in the second period. When Russia chipped away, Canada's veteran bunch found its first trouble of the tournament but survived to avoid what would've been one of the more memorable collapses in history.

Anthony Duclair, Nick Paul, Connor McDavid, Domi and Sam Reinhart scored for Canada to build the lead, which at its height was 5-1. Dmitri Yudin, Ivan Barbashev, Sergey Tolchinsky and Nikolai Goldobin scored for Russia.

"Preparing for this game, I almost felt like I played in it before," said Canadian captain Curtis Lazar. "Everyone did their part; no one stood out any further than others."

THE CANADIAN PRESS

Junior Galette

Saints linebacker arrested in domestic dispute

New Orleans Saints linebacker Junior Galette was arrested Monday in a domestic violence case in which a woman says her face was scratched and her ear bloodied after an earring was ripped off.

Galette was booked with misdemeanour simple battery stemming from the disturbance at the player's house in Kenner, a New Orleans suburb. Prosecutors could later charge him. It is not clear if Galette, who left jail on $600 bond Monday afternoon, has a lawyer.

The Saints said they are aware of the arrest and are gathering information. NFL spokesman Greg Aiello said the league knows of the arrest and is "looking into it."

THE ASSOCIATED PRESS

Baseball Hall of Fame

Trio of first-ballot pitchers primed for induction

Randy Johnson, Pedro Martinez and John Smoltz appear to be shoo-ins for election to the Hall of Fame in what is shaping up as the baseball writers' biggest class of inductees in 60 years.

When the Hall of Fame reveals the results Tuesday at 2 p.m. on the MLB Network, holdover Craig Biggio and perhaps Mike Piazza could join those three first-ballot pitchers who were utterly dominant in a hitters' era of artificially bulging statistics.

THE ASSOCIATED PRESS

Lack would like redemption against Islanders

Eddie Lack GETTY IMAGES FILE

Eddie Lack, the birthday boy, was completely unaware of the imminent surprise.

Sitting among his teammates for a "team photo," Lack was doused with a bucket of water from rookie Bo Horvat, who crept up behind the Vancouver Canucks backup goalie to deliver the liquid jolt.

Happy birthday.

The past year was an eventful one for the 27-year-old Lack.

Even though it was his birthday, he couldn't escape questions about possibly facing his old teammate and buddy Roberto Luongo, now with the Florida Panthers, on Thursday at Rogers Arena.

Lack also couldn't escape questions about possibly facing the New York Islanders on Tuesday. Last year, on March 10, Lack was in net for an epic third-period collapse by the Canucks on home ice against the Islanders.

The Canucks allowed seven goals in the final 20 minutes, losing the game 7-4 after skating to a three-goal lead through 40 minutes.

Tuesday could be a shot at redemption for Lack, who has appeared in 11 games this season.

By the numbers

.916

Eddie Lack has a 2.59 goals-against average and .916 save percentage this season.

"That was probably the worst game of my pro career," said Lack, who admitted he'd like to start in one of these next two games.

"It ... gave me more motivation, thinking back on that game. Obviously I want one more shot at."

Lack hasn't played since Dec. 17. Ryan Miller has been on quite a roll, winning four of his last six starts. He also might need another rest in the coming days. He has started in each of Vancouver's last six games.

"He's certainly deserves a start. He's a good goalie and I have lots of confidence in him," said coach Willie Desjardins of Lack.

CAM TUCKER/METRO

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Serious thoughts should be shoved to the back of your mind today. This is not a time to focus on money or career matters, this is a time to indulge in life's lighter side.

♉ Taurus
April 21 - May 21
If you can afford the time and money this is a good time to take a vacation.

♊ Gemini
May 22 - June 21
You will find yourself at odds with someone in a position of authority today and you may have no choice but to back down, even though you believe you are in the right.

♋ Cancer
June 22 - July 23
You need to stay on your toes both physically and mentally, because unexpected events will test you to the limit.

♌ Leo
July 24 - Aug. 23
Dealing with other people's problems will take up a large slice of your time today and while it may be a bore it will also put you in the good books of people whose help you may need in the future.

♍ Virgo
Aug. 24 - Sept. 23
You need to get tough with someone who seems to delight in placing obstacles in your path. Let them know that if they can't be a team player then there is no point in their hanging around.

♎ Libra
Sept. 24 - Oct. 23
What is right for other people won't necessarily be right for you today, so don't follow their example just because you think it is expected of you.

♏ Scorpio
Oct. 24 - Nov. 22
It does not matter what level you are on at this moment, you are very much on the up. So keep climbing.

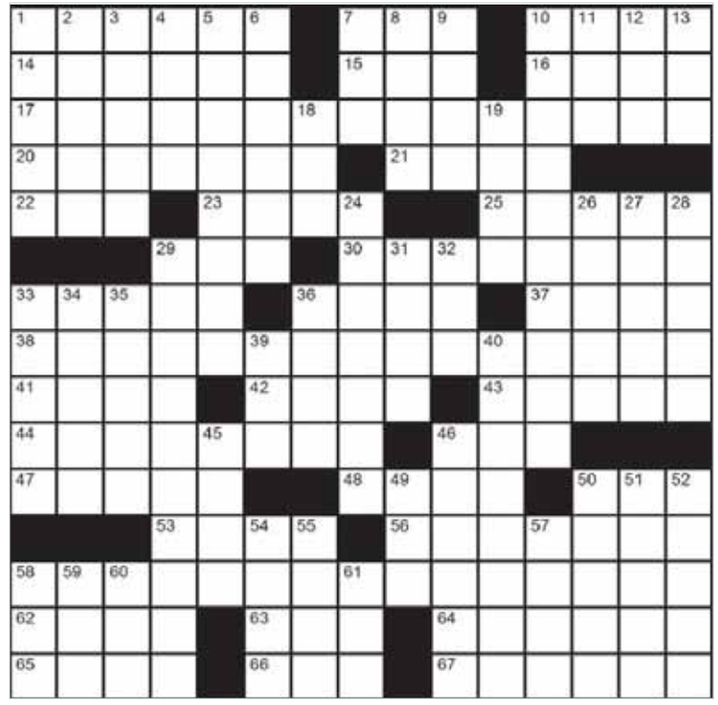
♐ Sagittarius
Nov. 23 - Dec. 21
Don't let other people's complaints and criticisms get to you today. You may look confident on the outside but a worm of doubt is burrowing its way into your mind and your rivals will play on that if you give them the chance.

♑ Capricorn
Dec. 22 - Jan. 20
You may be in a positive mood at the moment but one particular person desperately needs cheering up. Whatever it is that is wrong help them see it is of no real consequence.

♒ Aquarius
Jan. 21 - Feb. 19
Anyone who tries to tell you what to do today will soon be wishing they had kept out of your way.

♓ Pisces
Feb. 20 - March 20
Mixed signals are likely today and you could find yourself laughing when others expected you to be sad.

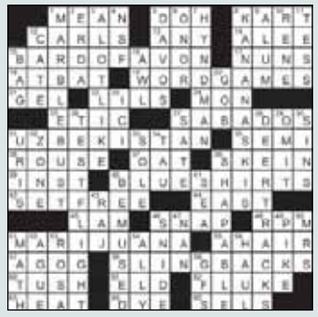
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Geeks
7. Gird
10. Canadian singer/songwriter Steven
14. Imp
15. Q. "Is 'B' the first letter?" A. "__, '_' is."
16. Van Halen drummer
17. 1887 novel in which Sherlock Holmes makes his debut: 4 wds.
20. Dough prepper
21. Arctic seabird
22. Dawn goddess
23. Invitation letters
25. Flees
29. 15th Prime Minister's monogram
30. Saskatchewan town
33. Stars, in Latin
36. Be in harmony
37. Person being taken for granted
38. Coaches puller, as per #29-Down: 2 wds.
41. Hagar The Horrible's daughter
42. Jazz vocalist Ms. Anderson
43. Ms. Gilpin's of "Frasier"
44. Katniss __ (Jennifer Lawrence role)
46. Lucy's hair hue
47. Make the score even again
48. Actor Will
50. Clothing size choices
53. 'Within'-meaning prefix
56. Superstate in Nineteen Eighty-Four
58. Whistler Blackcomb and Mont-Tremblant: 2 wds.
62. Casino game
63. High deg.
64. __ of luck
65. Dr. Cristina __ (Canadian actress Sandra Oh's role from "Grey's Anatomy")
66. Ascertain
67. Multi-__ (One doing it all)

Down
1. Sir Francis __ (16th-century English explorer)
2. "Hey! That __ __ accident!"
3. Actor Rob
4. S. Amer. country
5. Nightmare: 2 wds.
6. Most cunning
7. Ms. Jillian
8. Katharine of "The Graduate" (1967)
9. The __ (Cabaret style theatre in Charlottetown)
10. Partook in the activity at #58-Down
11. __-inclusive
12. "Gosh!"
13. Office tel. line
18. Mr. Berlin, briefly
19. Canberra's country, curtly
24. Setting a dollar amount
26. Group ruled by Odin
27. Rome's coin-collecting fountain
28. Daggers
29. __ __ Central Railway (Operating vintage train attraction in Winnipeg)
31. Hautbois
32. Theological sch.
33. Peter of '60s pop duo Peter and Gordon
34. Kitchen appliance
35. Dogma
36. "By __, I think she's got it!"
39. Whopper
40. The Merry Widow, for one
45. Athapaskan-speaking people of the Northwest Territories
46. Put new actors in roles
49. Geological period
50. Fish of brackish waters
51. Whale type
52. Particular printer
54. Cook's li'l quantities
55. Prince album: 'Sign '_' __ Times'
57. Affectations
58. __ diving
59. Mauna __ (Hawaiian volcano)
60. Lodge
61. Chemical suffix

Yesterday's Crossword

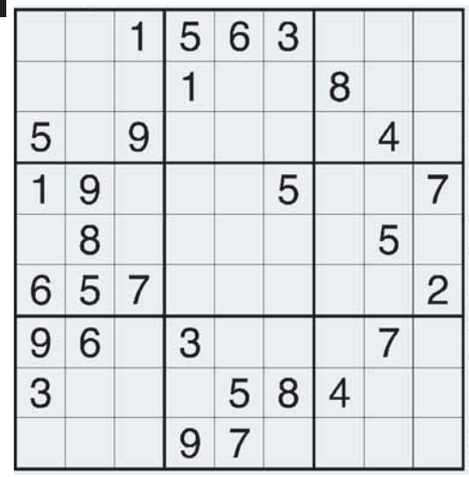


Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



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Yesterday's Sudoku

5	4	8	3	6	1	7	9	2
2	6	1	9	7	4	5	8	3
7	9	3	5	2	8	6	1	4
9	8	5	6	4	2	1	3	7
6	1	2	7	5	3	9	4	8
4	3	7	8	1	9	2	5	6
8	5	4	2	9	7	3	6	1
1	7	9	4	3	6	8	2	5
3	2	6	1	8	5	4	7	9

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- Female 30 Non Smoker - $17.10
- Female 40 Non Smoker - $20.95
- Female 50 Non Smoker - $52.47
- Female 60 Non Smoker - $156.60

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